

## Hardiness as a factor of psychological resilience of youth in conditions of military conflict

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### Abstract

**Introduction.** It is especially relevant the study of psychological resilience and hardiness of the personality in connection with the military conflict in the East of Ukraine, which led to the destruction of social order, social structure of communities, and loss of contacts with close people.

In youth the formation of moral self-awareness and self-regulation, which becomes more complete and meaningful, allows the individual to form his own worldview. During this period the social position of the individual changes, which causes a change in the significance of the teaching, the process of self-determination is intensified, self-esteem, self-awareness, psychological readiness for life and identity are formed.

Due to the negative consequences of the military conflict the study of peculiarities of hardiness and psychology resilience of youth is very important.

**Purpose.** Our purpose is to establish the peculiarities of hardiness as a factor of the psychological resilience of young people in conditions of a military conflict.

**Results.** Concepts of psychology resilience and hardiness are not synonymous.

We consider psychological resilience as an integrative feature of individual which manifests itself in ability to maintain a stable level of psychological and physical functioning in critical situations, to come out of such situations without persistent violations, to successfully adapt to adverse changes. The concept of psychological resilience describes the ability to overcome difficulties, to adapt positively, and to function successfully in critical situations.

We believe that the concept of hardiness should be considered as a psychological phenomenon that at the content-structural level of analysis is a complex integral characteristic of an individual, which includes emotional, cognitive, moral, volitional, behavioral components.

Emotional component of hardiness includes emotional stability, stress resistance, equilibrium, commitment, optimistic view of life.

Cognitive component of hardiness includes control, challenge, persuasion, expectation, attribution, self-relation.

Volitional component of hardiness includes purposefulness, initiative, independence, resolve, perseverance, endurance, resistance.

Moral component of hardiness includes humanistic values.

Behavioral component includes an active interaction with the surrounding reality.

At the process-dynamic level of analysis, hardiness, as a psychological phenomenon, acts as a personal style. At the functional level of the analysis, hardiness as a psychological phenomenon serves as a component of the adaptive personal resource, creative potential of the individual, personal maturity and as a predictor of psychological resilience, as an indicator of mental health, as a functional component of viability and a factor of life creativity.

123 young people (from 19 to 23 years old) took part in our empirical study – students of Taras Shevchenko Kyiv National University and Borys Grinchenko Kyiv University.

In the study of psychological resilience we used a test “Diagnostics of psychological resilience” (S. Kravchuk, O. Osadko). The Cronbach’s Alpha indicates that the internal consistency of the scale of psychological resilience is acceptable (Cronbach’s Alpha = 0,775).

In the study of hardiness and its components we used a test “Diagnostics of hardiness” (S. Maddi).

Significant direct correlative relations between psychological resilience and hardiness (Spearman’s Correlation Coefficient = 0,718, sig (p) < 0,001) and its components – commitment (Spearman’s Correlation Coefficient = 0,684, sig (p) < 0,001), control (Spearman’s Correlation Coefficient = 0,656, sig (p) < 0,001), and challenge (Spearman’s Correlation Coefficient = 0,523, sig (p) < 0,001) are revealed.

Based on using of multiple regression analysis, we have established that challenge (Standardized Beta Coefficient = 0,322, sig (p) < 0,001), commitment (Standardized Beta Coefficient = 0,295, sig (p) < 0,01) and control (Standardized Beta Coefficient = 0,270, sig (p) < 0,01) are determinants of psychological resilience of youth.

It is empirically discovered that the higher hardiness of young people, the less they are inclined in critical provocative situations to such forms of emotional response as anger, impotence, fear, and irritation and less prone to active aggression as a form of behavioral response.

The direct significant correlative link of hardiness with satisfaction with quality of life is revealed. A person with a high level of hardiness is characterized by optimism and activity of a vital position.

**Practical value.** Practical value of the study is that the results of empirical research can be used in the process of further development of the problem of characteristics of hardiness as a factor of psychological resilience of youth. The obtained scientific data of the peculiarities of hardiness and psychological resilience in young people will contribute to the development of a training program aimed at developing psychological resilience in youth.

In future we plan to continue the study of peculiarities of hardiness and psychological resilience of a person in a situation of military conflict.

**Keywords:** hardiness, personality, psychological resilience, youth, commitment, control, challenge, military conflict.

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